



# The Home Department

Conducted by  
Helen Watts McKee

### A Confession

Dear little boy, with wondering eyes,  
That for the light of knowledge  
yearn,  
Who have such faith that I am wise  
And know the things that you would  
learn.  
Though oft I shake my head and smile  
To hear your childish questions flow,  
I must not meet your faith with guile;  
I can not tell, I do not know.

Dear little boy with eager heart,  
Forever on the quest of truth,  
Your riddles oft are past my art  
To answer to your tender youth.  
But some day you will understand  
The things that now I can not say,  
When life shall take you by the hand  
And lead you on its wondrous way.

Dear little boy with hand in mine,  
Together through the world we fare,  
Where much that I would fain divine  
I have not yet the strength to bear.  
Like you with riddling words I ask,  
Like you I hold another hand,  
And haply when I do my task,  
I, too, shall understand.  
—P. McArthur in Youth's Companion.

### Our Home Chats

Several of our readers have asked that easy methods of house cleaning be discussed, and the suggestion generally ends with "we have so much to do, and help seems impossible to get." Just as I had read these letters, my eye happened to fall on a short editorial in one of our city dailies, and I think I must give it to our readers, to let them know how their complaints of being overworked is looked upon by one of our college professors. Here is the editorial referred to:

"Professor Patten, who professes economy in the University of Pennsylvania, is a humorist—conscious or unconscious. Speaking before an educational league, he advocated early marriages; he opined that when married, a woman should work in order to have economic independence. Moreover, he declared that the falling off of the birth rate was a public danger, especially among people whose incomes ranged from \$1200 to \$2000. The low birth rate in this class, he continued, was due to lack of income, and this lack might be overcome if the wife, instead of leading a life of leisure, would go into business. Women will enjoy this wisdom even if they don't appreciate the humor. The wife of the man with an income of \$1200 is oppressed with leisure. She is a rank idler. She has so much to do doing nothing that motherhood is discouraged. Again, the mother of half a dozen children, born within a dozen years, might be the mother of, say ten, if she hadn't so much leisure. Should she go into the banking business, or manage a railroad, this leisure would be absorbed in work, the income would increase and the birth rate rise. Prof. Patten is right. Women should work instead of 'sitting round playing the lady.' This would insure their economic independence and a high birth rate, upon

### A NOTRE DAME LADY'S APPEAL.

To all knowing sufferers of rheumatism, whether muscular or of the joints, sciatica, lumbago, backache, pains in the kidneys or neuralgia pains, to write to her for a home treatment which has repeatedly cured all of these tortures. She feels it her duty to send it to all sufferers. FREE. You cure yourself at home as thousands will testify—no change of climate being necessary. This simple discovery banishes uric acid from the blood, loosens the stiffened joints, purifies the blood, and brightens the eyes, giving elasticity and tone to the whole system. If the above interests you, for proof address Mrs. M. Summers, Box 169, Notre Dame, Ind.

which, according to Rooseveltian homilies, the safety of the republic depends."

Instead of trying to "take on more work," I am inclined to think we are all looking forward to a prospective millenium, and we are sure it is coming, for we saw so many wonderful devices at the World's Fair for the help of the housewife that our "good time" seems really in sight. One of the finest of these was a house cleaning machine, and when we all grow to a degree of wealth in which we shall feel justified in patronizing one of them, house cleaning will no longer be the terror that it now is. Garbed in our good clothes, we can just hand our keys over to the company's menials, tear loose from even a tatter of care, do a day's shopping or visiting, and go home to supper in a "chemically cleaned house," bidding defiance to dust for another six months, regardless of the condition of the labor market. Then when we can laugh at the coal man, ignore the greedy gas meter, and do our things by electricity—it's delightful, just to think of it. The day may come when even the children, so far as care taking is concerned, may also be handed over to the electric current and maybe that is what the professor had in mind when he advised that mothers should leave the labors of the home and the baby tending to some other agency while she was busy increasing the income and raising the birth rate. Well, maybe; wonderful things are happening in our day—who knows?

One of our sisters recommends that the oldtime fashion of one neighbor helping out another at busy times would greatly increase sociability and the worn out, single-handed mother, having to do everything, either alone or with indifferent help, would look forward to the general house cleaning "bees" with much the same feeling of pleasant anticipation that encouraged our mothers at quilting times, in the long ago, or that made the annual gatherings at "wood cutting" time so greatly to be desired. Neighborhood cooperation has somehow died out, and when it went, a wonderful source of comradeship and good feeling went with it.

### For the Sewing Room

Very few women can order their wardrobes without "counting the cost" and small savings in the way of renovating, repairing, altering or making over often enable one to dress much better on a small allowance than where everything must be had new. Many garments, by judicious patching, darning or piecing down, can be made to do duty for a long time, and with the aid of a few inexpensive accessories, these garments may be made to take the place of better ones on occasions where the better one might be damaged. It is a good plan to go carefully over one's wardrobe, not only the clothing of the women and children, but of the men and boys, as well, and if there are little daughters in the family, let them learn the fine art of patching and darning or the coarser, most worn garments, and advance them to better work as they become skilled. It will not hurt the boys to know how to handle a needle and thread, and they can soon learn to sew on buttons and "do" minor rips and tears as strongly if not as neatly as the mothers themselves. It is worse than useless to attempt to make over anything unless it will repay the trouble and expense—for even in the simplest renovating

there is always more or less expense, though slight alterations and patching may be done with no expense save time and labor. If new goods is to be used, it should be well shrunken to keep its shape in the combination. Almost any soft all-wool goods can be taken apart, washed, rinsed and pressed or even colored by any of the ten-cent dyes to be found on the market, and either remodelled for the original owner, or made over to be "passed down the line." If there is not goods enough to make over as wished, there are many tasteful combinations now in style, and thus, with a package of dyes, and a few yards of new material very satisfactory rejuvenations can be made. Every mother's daughter should know how to patch neatly, to set in pieces, to darn carefully, and to make decent, serviceable buttonholes and sew on buttons so they will stay. Neat, serviceable patching supposes a knowledge of ripping seams, pressing and applying, basting and then careful stitching and further pressing. The lessons are not hard to learn, and every girl should be a proficient in this line of "fancy work."

### How to Cut and Fit a Waist

The making of women's clothes is becoming more and more a difficult task. Styles have changed so much that although the gown may apparently be of the simplest, it does not follow that they are simple in the making, or cut, unless one understands the use of patterns. It is for those who are by choice, or necessity, home dress-makers that the following by way of suggestion, are offered: As to the actual cutting, always shrink the goods of washable materials before cutting. It is essential that all the pieces of the pattern marked with three small perforations, or whatever the cutting line may be, should be placed on the straight of the goods, or the thread of the goods—as the deviation of even an inch in placing the pattern on the goods may result in the material "sagging," or, still worse, "drawing." If the parts of the pattern have no such mark then the straight edge is always on the thread of the goods. Mark all the perforations with a basting thread or chalk and cut out the notches. After cutting the bodice match the waistline carefully and baste the seams from the top down, except in the case of the darts which should be basted the other way. The shoulder seam should then be basted, holding the front a little tight, as it is just a little shorter than the back. The reason of this is that it fits the roundness of the shoulder better.

In trying on the bodice always fit the right side, as it is usually the larger. If the bodice is too loose across the chest, take it in at the under-arm seams, or if it is too tight make the alterations in the same seam. Never touch the front line of the bodice, as it will throw the darts out of place. If the neck is too large, rip the shoulder seam and draw the front down toward the arm-hole, but keeping the front seam straight. If the arm-hole is too large take up a tiny dart in the armhole edge (just about where the front sleeve seam should be), sloping it toward the front dart. If there is too much length in the front, take up a horizontal dart just across the bust. The length of the waist is regulated by the shoulder seams, although many use a small tuck about three inches above the waist line. Quite the newest lining is made with the side-back seams extending to the shoulder, and the front is in two

pieces. This front seam takes the place of darts, and is much better to fit than the old-fashioned dart style, which always left a lot of fullness over the bust that one didn't know what to do with. It is a very bad habit to lay a garment away after fitting, for one forgets and blames the pattern, or feels herself an incompetent dressmaker, when the fault lies, very often, in a bad memory, or in the fact that the basting has become loosened, chalk marks erased, or the pins lost.—Comfort.

### Query Box

Ray S.—To relaqueur your brass bedstead which has become tarnished, get ten cents worth of gum shellac dissolved in alcohol and apply evenly with a paint brush.

Sam C.—"A complete list of all the poor boys who have become successful men" would include the names of nearly all prominent Americans. Success lies in the boy, not his environments.

Lassie.—Flounces certainly have had a long run, but they are not yet "out." The shaped flounce, which seems a part of the skirt, is still popular.

Amie.—To darken red hair, take

### THINK IT OVER

Something You Can See in Any Restaurant or Cafe

A physician puts the query: Have you never noticed in any large restaurant at lunch or dinner time the large number of hearty, vigorous old men at the tables; men whose ages run from 60 to 80 years; many of them bald and all perhaps gray, but none of them feeble or senile?

Perhaps the spectacle is so common as to have escaped your observation or comment, but nevertheless it is an object lesson which means something.

If you will notice what these hearty old fellows are eating you will observe that they are not munching bran crackers nor gingerly picking their way through a menu card of new fangled foods; on the contrary they seem to prefer a juicy roast of beef, a properly turned loin of mutton, and even the deadly broiled lobster is not altogether ignored.

The point of all this is that a vigorous old age depends upon good digestion and plenty of wholesome food, and not upon dieting and an endeavor to live upon bran crackers.

There is a certain class of food cranks who seem to believe that meat, coffee, and many other good things are rank poisons, but these cadaverous, sickly-looking individuals are a walking condemnation of their own theories.

The matter in a nutshell is that if the stomach secretes the natural digestive juices in sufficient quantities any wholesome food will be promptly digested; if the stomach does not do so, and certain foods cause distress, one or two of Stuart's Dyspepsia Tablets after each meal will remove the difficulty, because they supply just what every weak stomach lacks, pepsin, hydro-chloric acid, diastase and nux.

Stuart's Dyspepsia Tablets do not act upon the bowels, and in fact are not strictly a medicine, as they act almost entirely upon the food eaten, digesting it thoroughly, and thus gives a much-needed rest and giving an appetite for the next meal.

Of people who travel nine out of ten use Stuart's Dyspepsia Tablets, knowing them to be perfectly safe to use at any time and also having found out by experience that they are a safeguard against indigestion in any form, and eating, as they have to, at all hours and all kinds of food, the traveling public for years have pinned their faith to Stuart's Tablets.

All druggists sell them at 50 cents for full-sized packages, and any druggist from Maine to California, if his opinion were asked, will say that Stuart's Dyspepsia Tablets is the most popular and successful remedy for any stomach trouble.